

## QUARTERLY WORKSHOP: CZECH

**LES MILLS**

City	Date	Time	Program	Location	Trainer
PRAGUE	24-feb	08.00-09.45	BODYATTACK®	BBC Fitness Vinohradska	Kristin Andersson
		10.15-12.15	LES MILLS TONE (BODYVIVE®3.1)	BBC Fitness Vinohradska	Kristin Andersson
		12.15-14.00	BODYPUMP®	BBC Fitness Vinohradska	Charlotte Carlen
		14.00-15.15	GRIT®	BBC Fitness Vinohradska	Filip Kulstrunk
		15.15-17.00	SH'BAM®	BBC Fitness Vinohradska	Charlotte Carlen
		17.00-18.45	BODYCOMBAT®	BBC Fitness Vinohradska	Filip Kulstrunk
		18.45-20.30	BODYBALANCE®	BBC Fitness Vinohradska	Sylvie Smrckova Milanova

## QUARTERLY WORKSHOP: SLOVAKIA

City	Date	Time	Program	Location	Trainer
BRATISLAVA	25-feb	10.00-11.45	BODYPUMP®	InPulse Fitness, Narodne Tenisove Centrum	Filip Kulstrunk
		12.00-13.45	BODYBALANCE®	InPulse Fitness, Narodne Tenisove Centrum	Sylvie Smrckova Milanova